



Caminos a través de la depresión: Impulsos espirituales (Spanish Edition)

Anselm Grün

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En este libro, Anselm Grün, uno de los referentes en espiritualidad de hoy, propone algunas claves para manejar la depresión desde la esencia de las enseñanzas cristianas. Este enfoque espiritual de la depresión puede ayudarnos a aceptarla, comprenderla y reconocerla como una oportunidad en nuestro camino espiritual.

Convencido de que la depresión supone un desafío espiritual, Grün afirma que la depresión nos conduce siempre las cuestiones básicas de la vida: ¿Por qué quiero vivir? ¿Cuáles son los principios y el objetivo de mi vida?

La depresión es una invitación a despedirnos de todas las pautas que contradicen nuestra esencia, a desprendernos de las ilusiones con las que hemos construido una imagen grandiosa de nuestro yo. Pero también nos desafía para que dejemos de culpabilizarnos y de fijarnos en las interpretaciones negativas, para seguir siendo lo que somos en esencia y aproximarnos cada vez más a la imagen única y genuina que Dios se ha hecho de nosotros.

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